

OCTOBER

Collect for
Holy Cross Day.

O Blessed Saviour,
who by thy cross
and passion hast
given life unto the
world: grant that we
thy servants may be
given grace to take
up the cross and
follow thee through
life and death; whom
with the Father and
the Holy Spirit we
worship and glorify,
one God, for ever
and ever. Amen.

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+When I survey the
wonderous Cross, On
which the Prince of Glory
died, My richest gain I
count but loss, And pour
contempt on all my pride.



The Rood

One of the striking elements of our Church is the glorious rood beam holding the images of Jesus on the Cross flanked by St. John and Our Lady. This is a constant reminder that it is by Christ death and Resurrection that we are restored to fellowship with God. Each time we come to receive Jesus in Holy Communion it is because of Good Friday. The rood beam was erected in 1931 and was cleaned and repainted by Wesley Warren in 1996 and 2001. The marble figures were imported from Italy and given in memory of Alice Darby by her daughter Nora Martin in 1931.



Wesley Warren has many talents, professional lawn care is one of them.

OUTREACH UPDATE FOOD DRIVE

The need of the people in our community for support continues during this challenging times. We are fortunate that Yvonne Moses and her husband Neville continue to be our link to the many local ministries and programs that our Parish supports. One of the key programs that is facing high demands is the Centretown Emergency Food Centre . Normally in the Fall the Centre has a Walkathon in October to raise extra funds as we head into winter. This year due to the pandemic it has gone online centretownchurches.org for donations. In addition our barrel at the entrance to the church in the Narthex needs your help. During October we are having a food drive to help the Centre. Canned vegetables, Pasta Sauce and peanut butter are in short supply.



An icon of the Holy Guardian Angel. A reminder of God's continual love, care and protection of His people.

OUR ONLINE MINISTRIES

We are fortunate for the talents of the people in our Parish who have provided us with the ability to stream our mid week services of Morning and Evening prayer and the Masses we offer to hundreds of people around the world. Brian Wehrle along with a dedicated group of volunteers has offered a number of special Evensongs on the Feast of the Assumption (below) and Holy Cross Day. Thank you to all !!





How to share in the offering of the Holy Mass

Many people have asked over the past few months how to participate in the Mass when they are not able to be in the Church and are sharing in the offering of Mass online. This is an important question since we often think that the Mass is only about Holy Communion. Let me be clear, receiving Our Lord in Holy Communion is a tremendous privilege and when we have the opportunity to receive we should, for the good of our souls. However with all the restrictions and health and safety concerns, Holy Communion is not always possible. This does not mean that we do not receive God's grace when we only 'see and hear' the mass. The simple illustration reminds us that Holy Communion is only part of the offering of the Mass. Whether one is physically present or online, one can share in the offering of the Mass by bringing our open heart and a desire to adore the living God, to join our prayers of Thanksgiving and petition and to seek his mercy and forgiveness. Hearing the words of hope, promise and forgiveness which are at the heart of the offering of Mass enables us to receive God's Grace and assurance of his mercy and forgiveness. These actions are called a Spiritual Communion, the following is an example of a prayer one might use

My Jesus,
 I believe that You are present in the Most Holy Sacrament.
 I love You above all things,
 and I desire to receive You into my soul.
 Since I cannot at this moment receive You sacramentally,
 come spiritually into my heart.
 I embrace You as if You were already there
 and unite myself wholly to You.
 Never permit me to be separated from You.
 Amen.